

Mixed Bean Salad

Prepare the following in a bowl and mix with spoon: let sit while making dressing:

1. Any combination of 3 cans of beans
 - wax beans -garbanzo beans -pinto beans
 - cut green beans -kidney (red or white) -black or red beans
2. 10-12 green olives-sliced
3. 1/2 cup of chopped fresh parsley

Dressing

Prepare dressing in a tightly covered container so you can shake ingredients to mix

3/4 C vegetable oil
1/2 C rice wine vinegar
2 Tbsp. finely chopped red onion
1/2 tsp. sugar
1/2 tsp. dried basil
1/2 tsp. dried oregano
1/2 tsp. dry mustard
salt and pepper to taste
2 cloves garlic, crushed

Shake all dressing ingredients well in container.

Pour over bean mixture and stir several times.

Cover and refrigerate for a few hours.

Serve when cold, with slotted spoon.

Tabouleh

Finely chop the following ingredients and place in a bowl:

2 bunches curly parsley
4-5 green onions (white and green parts)
6 mint leaves
1 large or 2 small tomatoes (seeds removed)
½ bell pepper

Stir in ½ c bulgur (fine grind, sometimes labeled #1)

Pour the following over the salad mixture:

¼ c extra virgin olive oil
juice of two lemons
½ tsp. salt

Refrigerate for a few hours before serving.

Spring Salad with Strawberries and Balsamic Vinaigrette

Salad:

2 cups Spring Mix lettuce
2 cups baby spinach
3-4 chopped green onions (white and green parts)
1 c sliced strawberries
1 cucumber, seeded and diced
½ c cherry tomatoes (if desired)

Balsamic Vinaigrette dressing:

¾ c extra-virgin olive oil
½ c balsamic vinegar
1 tbsp. honey
½ tsp. salt
½ tsp. pepper